

## SAMPLE DAILY ACTIVITY SCHEDULES OF PROGRAM OPERATIONS

### TRADITIONAL CARE (7:00 am – 6:00 pm)

7:00-8:30 am	Greeting children/parents/ <b>breakfast</b> /small group or independent activities
8:30-9:00 am	Diapering/clean-up
9:00-9:30 am	Circle time (songs, finger plays, sharing, music)
9:30-10:30 am	Free play/learning centers (blocks, puzzles, pegs, art)
10:30-10:45 am	Diapering/clean-up ( <b>snack</b> )
10:45-11:45 am	Outdoor activities (neighborhood walks, water play, etc.)
11:45-12:00 pm	Diapering/clean-up/lunch preparation (children may listen to soft music or a short video during lunch preparation)
12:00-12:45 pm	<b>Lunch</b>
12:45-1:00 pm	Diapering/clean-up
1:00-3:00 pm	Nap/rest Period (a quiet story may be read and/or soft music played)
3:00-3:30 pm	Diapering/clean-up/ <b>snack</b>
3:30-4:30 pm	Outdoor activities
4:30-6:00 pm	Table games/homework/preparation to go home

### NON-TRADITIONAL 23-HOUR CARE (7:00 pm - 6:00 pm)

7:00-8:30 pm	Greeting children & parents/ <b>dinner</b> /small group and/or independent activities/homework
8:30-9:00 pm	Diapering/free play
9:00-9:15 pm	Story time/clean-up /diapering/rest period preparation
9:15-6:00 am	Rest period
11:15-1:30 pm	Status Check
1:15-1:30 am	Status Check
3:15-3:30 am	Status Check
5:15-5:30 am	Status Check
6:00-7:00 am	Status Check (take children to the bathroom, diapering, etc)
7:00-8:30 am	Getting dressed for parents to pick up/school/ <b>breakfast</b>
8:30-9:00 am	Free play and/or independent activities
9:00-9:30 am	Circle time (songs, finger play, sharing, music)
9:30-10:30 am	Learning centers (blocks, puzzles, pegs, art, books, dramatic play)
10:30-10:45 am	Diapering/clean-up/ <b>snack</b>
10:45-11:45 am	Outdoor activities (neighborhood walks, water play, etc.)
11:45-12:00 pm	Diapering/clean-up/(children may listen to soft music or a short video during this time of lunch preparation)
12:00-12:45 pm	<b>Lunch</b>
12:45-1:00 pm	Diapering/clean-up
1:00-3:00 pm	Nap/rest period (a quiet story can be read and/or soft music played)
3:00-3:30 pm	Diapering/clean-up/ <b>snack</b>
3:30-4:30 pm	Outdoor activities
4:30-6:00 pm	Free play/games/homework/clean-up/preparation to go home
6:00-7:00 pm	Closed

\*\* NOTE: Pursuant to Section 360.4 – Each facility shall meet the following requirements for rest and sleep. The facility shall ensure that staff monitor sleeping children at least once every three (3) hours and maintain a written record of this monitoring. Section 360.8 requires the facility to ensure that staff are available at all times to attend the needs of the children.